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Dropping science

Group of researchers launches Get Science Right, a town-hall series on what they see as increased commercialization in their work due to government interference **PAGE 3**

Forget your name? All part of the game

Ottawa mentalist messes with people using tricks taken from acting, statistics and hypnotism on Jaymes White: Mind Games **PAGE 6**

FROM TONIGHT SHOW INTERN TO HELLO ROSS

CELEBRITY SUPERFAN GETS HELP FROM COMEDIAN TO START SHOW ABOUT HOLLYWOOD'S IN-CROWD **PAGE 10**



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13 DEAD IN D.C. MASS SHOOTING

People hold their hands to their heads as they are escorted out of the building where a deadly shooting rampage occurred at the Washington Navy Yard on Monday. One shooter was killed, but police said they were looking for one other possible gunman. A third man was cleared as a suspect. Story, page 4. JACQUELYN MARTIN/THE ASSOCIATED PRESS

'Stealing from sick children'

No honour amongst thieves? Men jack patio furniture from CHEO Dream of a Lifetime lottery



GRAHAM LANKTREE
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Two thieves were stealing from sick kids when they made off with thousands of dollars worth of patio furniture and a barbecue set Sunday morning, the director of a charity says. The new home they raided is set to be raffled off as a prize in the 2013 Children's Hospital of Eastern Ontario Dream of a Lifetime lottery.

"As soon as I heard it, my jaw dropped," said Len Hanes, director of annual giving at the Children's Hospital of Eastern Ontario Foundation, who discovered the theft as he prepared for the lottery launch Monday morning.

"Basically they're stealing from sick children," he said. "When you work on the

lottery and see how many of these suppliers give, it's pretty low."

The men allegedly made off with \$5,100 in patio furniture and a barbecue. Luckily, Hanes said, there is video.

"You can see one guy in particular. You can see his face pretty clearly," he said, adding that he hopes footage of the two men can help bring charges forward. The video shows two men disassembling a patio table, collecting chairs and carting away a grill in the span of about five minutes.

"I've seen the part where they're disassembling the patio table and taking the chairs. They just took it all away," Hanes said. "I have no idea how they knew that furniture was there," he added, pointing out that it would have been hard to miss that the home belonged to the CHEO Foundation thanks to large signs outside.

"I'm sure they'll be recognized," he said of the footage.

The home is part of a grand prize in the contest worth \$1.8 million. Last year the contest raised \$2.2 million for CHEO.

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Financial boost

Grant aims to get young francophone women ready for leadership roles

Status of Women Minister Kellie Leitch announced cash Monday to get young francophone women prepared for leadership positions in communities, business and politics.

The \$199,000 grant to the Alliance des femmes de la francophonie (AFFC) will fund a two-year, student-led effort to explore the under-representation of women in decision-making roles and encourage young francophone women to start thinking of themselves as tomorrow's leaders now.

"The more that we have young women integrated into the economy, into the community, the more diversity that we have, the better off that Canadian society is," Leitch said. "These young women are going to make that happen, and I'm delighted to be supporting them."

Students at La Cite collegiale, University of Ottawa, St. Paul University and Dominican University College will carry out the local program, mentoring other students.

The federal government has approved \$5.9 million in funding for similar programs for girls and women nationwide.

STEVE COLLINS/FOR METRO

On the web

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Labour and Status of Women Minister Kellie Leitch.
STEVE COLLINS/FOR METRO

Witness recalls 'bits and pieces' of assault

A 16-year-old girl testifying in the trial of three teenage girls accused of human trafficking told the court Monday she couldn't remember her clothes being ripped off by one of the accused at a party, but remembers one of them clawing her face.

The girl, who was 15 at the time of the incident, had to correct her story during testimony after the Crown played

her videotaped interview with police in court.

"Even though I was drunk, there are bits and pieces I remember clearly," the girl testified Monday.

In the video she told Det. Kelly Lyle she and her friends were invited by one of the accused to attend a hotel party. Instead they were driven by a man "in his 30s or 40s," to a home where other teens were

drinking alcohol and smoking marijuana, she said.

Upstairs in the home one of the accused punched her, clawed at her face, and pulled her hair, she said.

Later in the interview she recalled being taken to the basement of the home. "I think I was saying they're trying to rape me or something because they were trying to take off my clothes," she said

in the video.

On the witness stand she said she didn't actually remember being taken to the basement.

"I said it because I didn't think I was going to court," she said, adding she only recounted information given to her by her friend who was at the party.

The trial continues Tuesday. **JOE LOFARO/METRO**

Government 'ideology' worrying scientists

Discussion. Series of town halls on the issue set to take place across Canada and in Ottawa over coming year



GRAHAM LANKTREE
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Scientists gravely concerned about a commercial shift in government-funded research took to Parliament Hill Monday as they launched a series of cross-Canada town halls.

"Science never does well when politicians try to direct it based on ideology," said James Turk, executive director of the Canadian Association of University Teachers. "What this government is doing is

basically diverting money that should go to fundamental research to research that the industry should finance itself."

In Kitchener-Waterloo Tuesday, the group will launch a series of town halls called Get Science Right to discuss the issue, along with the difficulty journalists have securing interviews with Canadian scientists and growing ties between industry and university-based researchers.

The government's three main funding bodies for academic research have seen changes in recent years, culminating in a shift in May at the National Research Council (NRC), Turk said.

"The government is shrinking the number of dollars it is giving the granting councils and then saying it's got to go to fund the Engage Grants program," said Turk.



James Turk, executive director of the Canadian Association of University Teachers, stands with scientists on Parliament Hill Monday as they protest cuts to fundamental research. **GRAHAM LANKTREE/METRO**

"We have shifted the primary focus of our work at NRC from the traditional emphasis of basic research and discovery science in favour of a more targeted approach," said president John McDougall of the move May 7. "A new idea or discovery may in fact be interesting, but it doesn't qualify as innovation

until it's been developed into something that has commercial or societal value."

"Internet was set up just so we could exchange information," said University of Ottawa physics PhD candidate David Sean on Parliament Hill. "People didn't make it with money making in mind."

Retail. American style discounts mark Target's arrival in Ottawa

Amped up Black Friday deals and exclusive clothing lines are part of the formula retailer Target says will allow it to make inroads in Canada as it prepared to launch its first Ottawa stores Tuesday.

"Retailers seem to be putting a greater emphasis on it," said John Morioka, Target Canada's senior vice president of merchandising, of the Black Friday discount event, which falls after American Thanksgiving. "We're still formulating our plans for Black Friday. I wouldn't want to give away any secrets to our competitors about what we'll do or won't do."

What is really powering the projected \$6 billion in sales the company hopes to generate in five years from the 124 stores scheduled to open by the end of 2013 are unique product lines, he said. Morioka led a "sneak peek" tour of Ottawa's Billings Bridge Target Monday.

Three retail stores opening in Ottawa Tuesday at Billings Bridge, Hazeldean Mall in Kanata, and Place d'Orléans are expected to employ roughly 150 people each. The company has invested, on average, \$10 to \$12 million to renovate each location.

GRAHAM LANKTREE/METRO

Charged. Two Ottawa men arrested for human trafficking, police say

Acting on a warrant relating to a complaint first brought to their attention in July, Ottawa police arrested Karim Cherestal, 21, of Ottawa on Sept. 10 and Taylor Dagg, 22, Sept. 13. Both men are being held in custody.

Police were unwilling to release many details, citing protection of a single alleged victim, but they did say that the alleged ring relates to the sex trade and not to sweatshop labour.

Const. Chuck Benoit said since the investigation isn't finished and that there is always the possibility that more alleged victims will be discovered, but only one has

been identified at this time. He said the alleged victim is an adult, but would not give a gender.

Cherestal and Dagg are both charged with trafficking in persons, material benefit resulting from trafficking in persons, forcible confinement, uttering threats to cause bodily harm and intimidation by threats of violence, assault.

Cherestal is also charged with failure to comply with an undertaking given to a peace officer and two counts of sexual assault. Dagg faces an additional charge of theft under \$5,000.

METRO

13 dead in shooting rampage at Washington naval complex

Gunman shot dead.

Ex-military man involved in what Obama calls a 'cowardly act'

The U.S. capital became the latest American city to grapple with familiar scenes of chaos and bloodshed Monday when a former military man opened fire at the city's Navy Yard, killing 12 people.

While one gunman was also shot dead, police said there was one other potential perpetrator still at large, an armed man dressed in military garb. A third man, also clad in military-style outfit, was cleared as a suspect.

The dead shooter was identified as a 34-year-old Texas man, Aaron Alexis, a former navy reservist.

Mayor Vincent Gray said officials had no reason to believe it was an act of terrorism, but the motive remained unclear.

Initial reports suggested the now-dead shooter entered the

complex with stolen ID, fatally shot a security guard and was targeting specific people.

Eyewitnesses said the gunman situated himself at a fourth-floor overlook and was shooting down at people at the cafeteria on the first floor. He had an assault rifle, a shotgun and a pistol, police added.

Alexis was investigated in Fort Worth three years ago when he was arrested for shooting a hole through the ceiling of his home and into a neighbour's apartment.

Alexis told police he was cleaning his gun when it went off accidentally, but in the police report, the neighbour said she suspected Alexis had deliberately fired the gun through her floor because he had complained she made too much noise.

He was also investigated for shooting out the tires of another man's car in Seattle in 2004. His father told police his son suffered from post-traumatic stress disorder.

THE CANADIAN PRESS



A Metropolitan Police Department officer walks near the Washington Navy Yard Monday after at least one gunman launched an attack there, spraying gunfire on office workers in the cafeteria and in the hallways at the heavily secured installation in the heart of the nation's capital. Inset: a photo of now-dead Aaron Alexis, who police believe was one perpetrator. JACQUELYN MARTIN/THE ASSOCIATED PRESS; INSET: FBI/THE ASSOCIATED PRESS

'Convincing evidence' gas used in Syria: UN



UN Secretary General Ban Ki-moon speaks after attending a Security Council meeting about Syria at UN headquarters Monday. SETH WENIG/THE ASSOCIATED PRESS

UN inspectors said Monday there is "clear and convincing evidence" that chemical weapons were used on a relatively large scale in an attack last month in Syria that killed hundreds of people.

The findings represent the first official confirmation by scientific experts that chemical weapons were used in Syria's civil war, but the report left the key question of who launched the attack unanswered.

The rebels and their U.S. and Western supporters have

said the regime of President Bashar Assad was behind the Aug. 21 attack, while the Syrian government and its closest ally, Russia, blame the rebels.

U.S., British and French diplomats said the findings of the UN inspectors supported their conclusion that Assad's regime was to blame. Russia disagreed.

U.S. Secretary of State John Kerry briefed U.S. allies on a broad agreement reached over the weekend with Russia to end Syria's chemical weapons program, pressing for broad

support for the plan that averted U.S. military strikes. Kerry met in Paris with his counterparts from France, Britain, Turkey and Saudi Arabia before seeking a UN resolution that would detail how the international community can secure and destroy Syria's stockpile and precursor chemicals.

As a sign of possible difficulties ahead, Kerry and Russian Foreign Minister Sergey Lavrov sparred Monday over possible military action if Syria doesn't abandon its chemical weapons. THE ASSOCIATED PRESS

'This is a war crime'

Secretary-General Ban Ki-moon presented the UN inspectors' report to a closed meeting of the UN Security Council before its release.

- "This is a war crime and a grave violation of ... international law," Ban told the council. "The results are overwhelming and indisputable. The facts speak for themselves."

\$1 million

RCMP kept quiet on long-gun costs with info in hand

The RCMP repeatedly stonewalled media inquiries for months about the price tag for destroying the federal long-gun registry data, even though the force had a full cost estimate in hand.

The Mounties had a

detailed breakdown more than a year ago that showed fulfilling the Conservative promise to kill the registry would cost about \$1 million.

A presentation laying out the plan and its costs was provided under an access-to-information request following an 11-month delay.

In the meantime, RCMP officials refused to answer questions about whether any such costing had been done. THE CANADIAN PRESS

Sexist tweets

Three firefighters turn fired-fighters

Three Toronto firefighters have lost their jobs over inappropriate comments made on social media.

Toronto Fire Chief Jim Sales says the firings are the result of an internal investigation launched after a media report in August said two firefighters posted

sexist messages on Twitter.

Sales says those two firefighters along with a third have now been let go after the probe discovered "significant findings" of inappropriate social media use and public comments that ran afoul of city policies.

A spokesman for the Toronto Professional Fire Fighters' Association had suggested the tweets were referencing quotes from a TV show. THE CANADIAN PRESS

Quebec

Charter of values doomed, Harper predicts

Prime Minister Stephen Harper has predicted that the Parti Québécois' controversial values charter will fail because of opposition within Quebec.

Harper made his first remarks since the Quebec gov-

ernment released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said. "I think the common sense of Quebecers will force this towards a reasonable conclusion." THE ASSOCIATED PRESS

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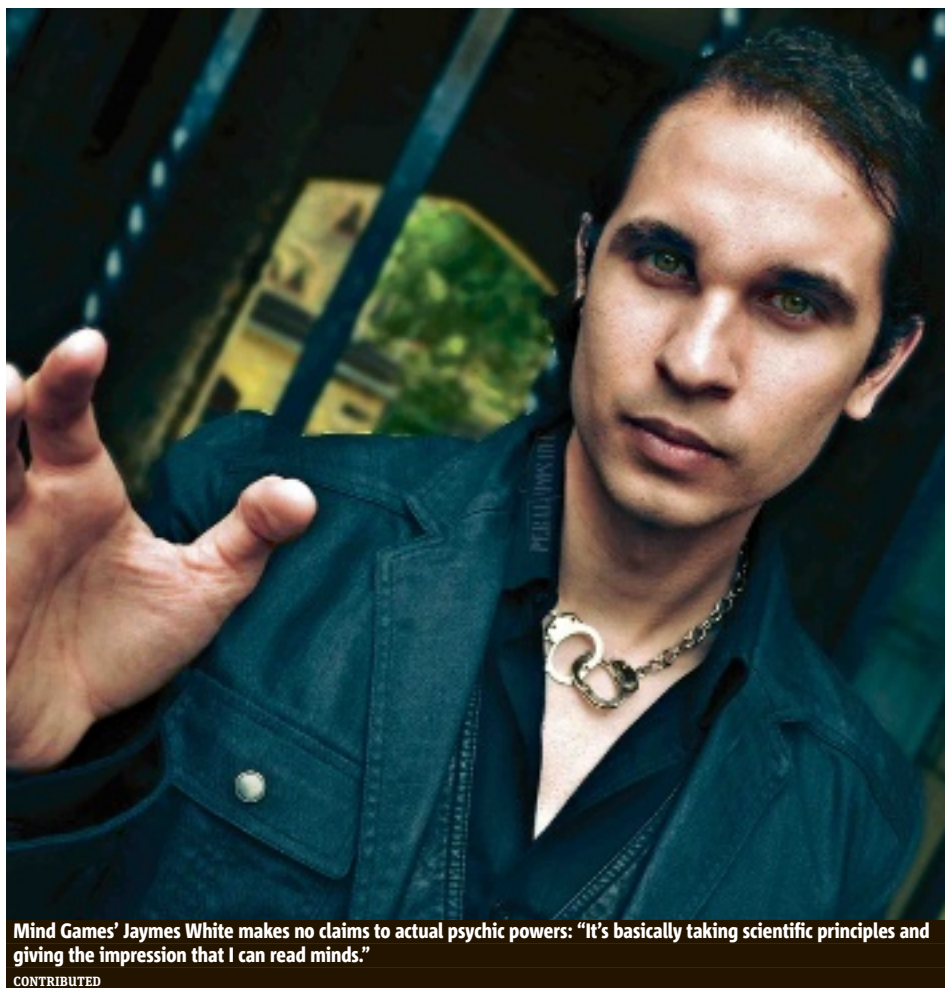
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Mind Games' Jaymes White makes no claims to actual psychic powers: "It's basically taking scientific principles and giving the impression that I can read minds."

CONTRIBUTED

Mentalist got your tongue? Watch for new TV personality

Mind Games. Ottawa man's new series on Rogers makes for memorable viewing



STEVE COLLINS
ottawa@metronews.ca

A man approaches on the street and asks your name. You tell him, and he goes into a spiel about how easily the human mind can forget.

Then he asks your name again — and you draw a complete blank.

Welcome to Jaymes White: *Mind Games*, the Ottawa mentalist's new show on Rogers Community Cable.

The Carleton grad, who pulls similar tricks on live

On the tube

Mind Games airs
Wednesdays at 10:30
a.m., Thursdays at 7 p.m.
and Fridays at 10 p.m. on
Rogers 22.

audiences in his stage show, Paradox, has cobbled his act from diverse studies.

"I took different disciplines," he said. "I took stuff from magic; I took stuff from acting, for example; I took stuff from showmanship; I took techniques that psychics use. I studied statistics, I use hypnotism, and I give the illusion that I can read minds."

He's also enjoying TV's extra layer of illusion: "With stage shows, if you screw up then everybody sees you ...

but if you do it on TV no one really cares. You edit it out!"

Each episode has a theme, to which White tailors his tricks. The hypnotic game of making passing strangers momentarily forget their own names was featured in the show's first episode, which was about memory.

"They were actually kind of almost terrified," he said of the mind-prank.

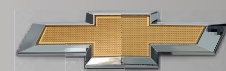
"One or two were actually scared that they could not say their name and I was trying to get them to say it, so it was really fun. For me."

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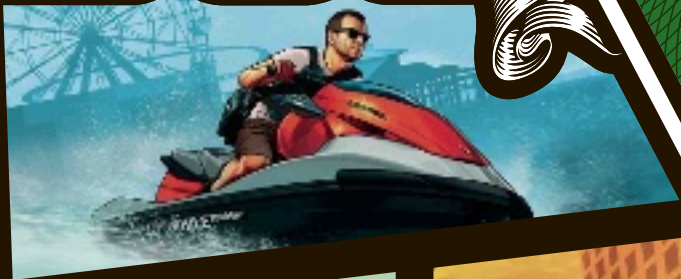


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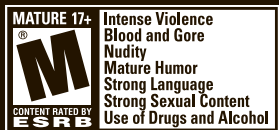
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grand theft auto V



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Aerospace. Bombardier's CSeries jet takes test flight

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector and its thousands of jobs.

Thousands of employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after conducting a fly past.

The pilot exited the test airplane waving and lauding the aircraft's performance, save for one unspecified "minor problem."

"It went very well," Chuck Ellis said.

Earlier, senior company executives gave each other big hugs after the aircraft successfully took off, nearly a decade after it was first introduced and following several delays over nearly nine months.

Company chairman Laurent Beaudoin and his son Pierre, the president and chief executive, said they were very pleased with the inaugural flight. "For me it's a great day, a new step



Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 26 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

in Bombardier today," the elder Beaudoin said in an interview in between hugs of congratulations and photos with employees. THE CANADIAN PRESS



Copyrighting a polar bear

In this 2007 photo, Knut, the polar bear cub, has his first public appearance in the Berlin Zoo. On Monday, a European court upheld the zoo's copyright claim against a British firm that sought to market products under the name "Knut — Der Eisbaer," which is German for "Knut — The Polar Bear." The court ruled that British company Knut IP Management Ltd.'s product-line name too closely resembled the Berlin Zoo's earlier trademarked brand Knud, and could confuse consumers looking to purchase merchandise related to the zoo's most famous animal. Knut was hand-raised after his mother rejected him. He rose to stardom in 2007 as a cuddly cub, appearing on magazine covers, in a film and on mountains of merchandise. He died in 2011 after suffering from encephalitis. THE ASSOCIATED PRESS FILE

Cape Canaveral, Fla.

Cargo ship makes debut run to ISS

A Virginia company makes its debut this week as a space station delivery service, and the lone American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. It will be the first shipment by Orbital Sciences Corp. to the International Space Station.

THE ASSOCIATED PRESS

Tehran

Iran could send cat into space

Iran's hunt for its next animal astronaut may turn to the distinctive and locally named Persian cat, an official said Monday, in another possible step by the country's ambitious aerospace program that has also raised Western concerns about spillover military applications.

THE ASSOCIATED PRESS

Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the U.S. will be able to pay lower fees for their roaming packages. The company said it's making the change in response to consumer feedback over the summer, and that the 30-day U.S. travel bundle, which formerly cost \$50, will be reduced to \$25 for a specified amount of call minutes, texting, web usage and other data.

THE CANADIAN PRESS

Market Minute

↑ **DOLLAR**
96.85¢ (+0.20¢)

↑ **TSX**
12,816.88 (+93.48)

↓ **OIL**
\$106.59 US (-\$1.62)

↑ **GOLD**
\$1,317.80 US (+\$9.20)

Natural gas: \$3.74 US (+6¢)
Dow Jones: 15,494.78 (+118.72)

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FALL FASHION ON A SHOESTRING

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home, I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong.



SHE SAYS
Jessica Napier
metronews.ca

Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: This style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend \$50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shipwreck wrested from reef



MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Giroto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsize and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:

I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNotSorry:

Obviously you're not sorry, so why bother with the apologetic tease?

#FirstWorldProblems:

Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#yolo:

Just don't. Seriously. Don't.



ISTOCK



Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaleaders@metronews.ca

DVD reviews

Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr.,
Gwyneth Paltrow,
Don Cheadle

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of jingle bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's *The Avengers* tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style. The taunt brings fire to Stark's Malibu pad, but *Iron Man 3* actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche. He's as arrogant as ever, but reluctant to suit up. We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, *Iron Man 3* offers a few twisted pleasures. Extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL

Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, *Hello Ross*. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on *The Tonight Show*, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss.

She frequently uses him on her round table of commentators on E!'s *Chelsea Lately*. Now she's executive producing Mathews' own talk show called *Hello Ross*, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from *Chelsea Lately*. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on *Hello Ross*. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my

mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

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Kelly Rowland and Simon Cowell on The X-Factor. THE ASSOCIATED PRESS

Newbies, can you handle this?

Kelly Rowland. The X-Factor judge dishes on finding talent

MAJA LUNDAGER PEDERSEN
Metro World
News in New York

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments.

Being signed, being dropped, being signed, then being placed on a shelf, as she puts it.

Today she sits as one of four judges in the third season of the U.S. version of The X-Factor, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who had some harsh things to say, but I grew more from people who actually were constructive and gave details about how I can grow," she

says.

"I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing people grow and be better and become something wonderful."

But what does wonderful mean to her?

"I think, above anything, people love to see passion, and

"I think that when it comes to performing, people just want to be entertained.

"If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, and while some might fear that could cloud her judgment, Rowland's not worried.

"I've turned someone down because they had a wonderful look and they sounded awful.

"I don't want them to come into this competition thinking they can get on by their looks.

"It's more than that. It's

She's been there

Rowland actually participated in a talent show herself as a teen. With her group Girls Time — including, among others, Beyoncé — she was on Star Search, but lost.

She remembers the experience clearly.

"Once that red curtain closed we were like little sad puppy dogs, just bawling our little eyes out," she says.

"We were so sad, but I truly believe that when it's your time, it's your time."

your talent, your passion, your hunger and your dedication.

"I am very honest with them and I'm very honest with myself [when it comes to talent]. I don't cut any corners."

A large advertisement for the Canadian Breast Cancer Foundation's "Run for the Cure" campaign. The background is a bright blue sky with white clouds. A pink ribbon, a symbol for breast cancer, is shown in a flowing, wavy pattern across the top and bottom. In the center, a man (Scott McGillivray) is shown from the waist up, wearing a grey t-shirt and dark pants, with his arms raised in a celebratory gesture. The text "I'm running for all the future moments" is written in a large, elegant, pink script font. Below it, in a smaller, sans-serif font, is "I'll share with my girls." At the bottom, there is a dark red banner with white text that reads: "On Sunday, October 6, we're all running for the future. A future without breast cancer. Sign up today at runfortheure.com". Below this banner are the logos for the Canadian Breast Cancer Foundation, CIBC, and the "Run for the Cure" campaign. The CIBC logo includes the text "FOR WHAT MATTERS." and "CIBC".

I'm running for all the future
moments
I'll share with my girls.

Scott McGillivray, Host of HGTV's Income Property

On Sunday, October 6, we're all running for the future.
A future without breast cancer. Sign up today at runfortheure.com

Canadian Breast Cancer Foundation
CIBC Run for the Cure[†]

facebook.com/CIBC #CIBCrunchfortheure

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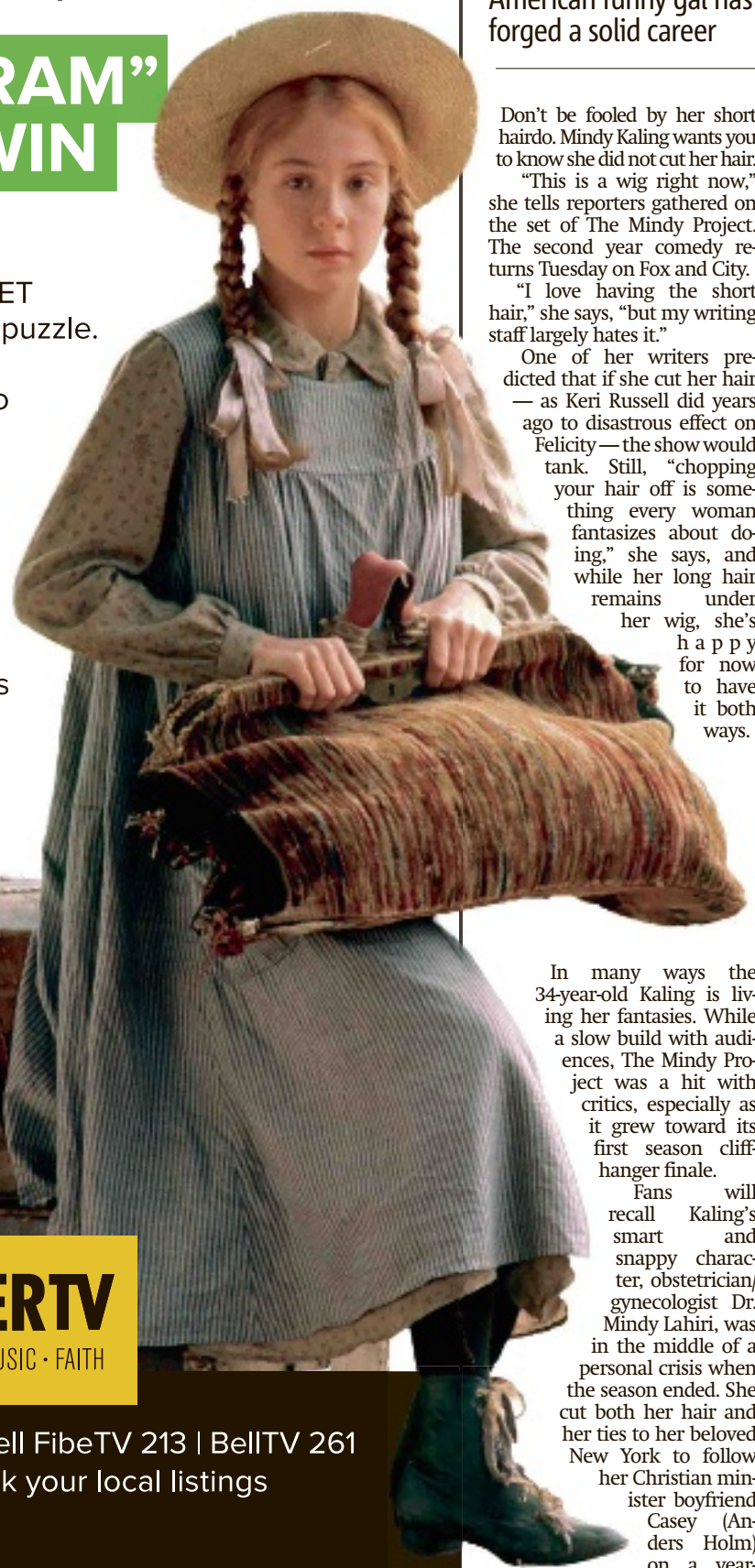
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Busy Kaling joins comedy's female elite

The Mindy Project.

Since her humble beginnings at The Office the South Asian-American funny gal has forged a solid career

Don't be fooled by her short hairdo. Mindy Kaling wants you to know she did not cut her hair. "This is a wig right now," she tells reporters gathered on the set of The Mindy Project. The second year comedy returns Tuesday on Fox and City.

"I love having the short hair," she says, "but my writing staff largely hates it."

One of her writers predicted that if she cut her hair — as Keri Russell did years ago to disastrous effect on Felicity — the show would tank. Still, "chopping your hair off is something every woman fantasizes about doing," she says, and while her long hair remains under her wig, she's happy for now to have it both ways.

In many ways the 34-year-old Kaling is living her fantasies. While a slow build with audiences, The Mindy Project was a hit with critics, especially as it grew toward its first season cliff-hanger finale.

Fans will recall Kaling's smart and snappy character, obstetrician/gynecologist Dr. Mindy Lahiri, was in the middle of a personal crisis when the season ended. She cut both her hair and her ties to her beloved New York to follow her Christian minister boyfriend Casey (Anders Holm) on a year-



Mindy Kaling stars in and executive produces The Mindy Show. THE CANADIAN PRESS

long mission to Haiti. Everybody knows that's not going to last.

It showed, however, that Kaling was willing to stretch the series beyond the original, smarty-pants girl-in-the-city premise to give it more heart. The Mindy Show has evolved into a cheeky ensemble series, with Kaling's character growing along with it. A steady flow of big-name guest stars — James Franco appears as a rival doctor in Tuesday's season opener, along with returning guest star Chloe Sevigny and former Saturday Night Live alumnus Bill Hader — has helped bring more viewers to this smart sitcom. Reese Witherspoon and Anne Hathaway are on Kaling's wish list for this season.

The star power even gets to Kaling, who first met Franco last year while both were working on This is the End.

Says Kaling, "He has a smile that could stop a clock."

She and her regular co-stars, including Chris Messina as gruff-but-loveable Dr. Danny Castellano and Ike Barinholtz as eccentric nurse Morgan Tookers, sat before critics on one of the show's sound stages. One reporter suggested Dr. Mindy began more as a callous, self-involved Larry David-type character and got more likable as the season progressed. Kaling agreed. "As it turns out, you shouldn't be on TV and be like, 'I want to be unlikable,'" said Kaling. "That's one of the things you learn."

The writer/actress also learned that, while keeping

the show edgy and being true to her younger comedy cred, there are certain TV conventions you just have to follow to draw a network audience.

"There's a sense of protecting a female character that I hadn't really anticipated," says Kaling, who nevertheless still seems determined to "stretch what we expect female characters to do." The Massachusetts native has only ever been on one previous series — but what a hot house that was. A Dartmouth graduate, she landed a writing job on The Office at age 24 — the only woman on a staff of eight writers.

Within a few years, she was a co-star on the series as Kelly Kapoor. By the time she left to do The Mindy Project, she was an Emmy-nominated executive producer. Kaling is part of a new generation of female comedy showrunners emerging in Hollywood. Lena Dunham, who stars, writes and created HBO's Girls and Liz Meriwether, the creator and executive producer/writer behind New Girl, are following 30 Rock and former Saturday Night Live head writer Tina Fey into TV's creative power positions.

Kaling is the first South Asian-American woman to headline her own U.S. network TV series. Having the confidence to follow her dream is something she says she got from her parents, who "rocked. They thought I could do anything," says Kaling, whose father is an architect and whose mother, like Kaling's TV character, was a gynecologist.

THE ASSOCIATED PRESS



Jessica Timberlake

I'm bringing tradition back: Jessica takes on the Timberlake name

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake,"

a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary



THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool \$310,000 per show with the starlet performing 48 shows a year.

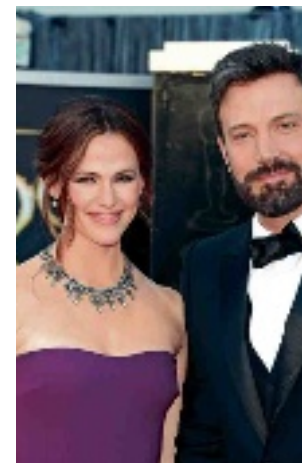
The final pay out will be around \$15 million a year, per TMZ.com. In May, Spears



talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous on-line reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.



Jennifer Garner and Ben Affleck

Twitter



@AlbertBrooks
How can we attack Syria without giving Dennis Rodman a chance?



@pattonoswalt
Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?

They can stop, and they might stop



Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley Cyrus unfollowing Liam Hemsworth on Twitter was apparently just the beginning, as the engaged couple are reportedly "on a break" and have put their wedding plans on hold, according to Radar Online. "They've split for now," a source says. "Miley and Liam have a very tumultuous relationship and both are exhausted. It's a complicated relationship. The wedding is on hold for now. It's not cancelled, but it doesn't look promising."



Jaden Smith

What would Uncle Phil say? Jaden takes serious jab at school system

Jaden Smith has some novel ideas about education reform. The 15-year-old son of Will and Jada Pinkett Smith took to Twitter for a serious of pontifications about youth and society. "School is the tool to brainwash the youth," he wrote. "If newborn babies could speak they'd be the most intelligent beings on the planet. If everybody

in the world dropped out of school we would have a much more intelligent society."

Jaden, for his part, reportedly has been home-schooled since earlier this year when the New Village Leadership Academy — founded in 2008 by his parents with an allegedly Scientology-influenced curriculum — was shut down.

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Ray-Ban Aviators are the most common polarized lense. CONTRIBUTED



Dolce & Gabbana with gradient polar lenses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare,"

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."

says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting

- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."

- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

What is polarization?

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

How do they work?

"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciva.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program. A downloadable version can be found at the above link.

YVLA VAN BUUREN/ FOR METRO

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the October issue of Best Health, freelance writer Stacey Stein explores some of the kitchen ingredients that can help with various skin issues.

For acne, try manuka honey.

Derived from a plant native to New Zealand and Australia, manuka honey is a thick and slightly bitter honey with powerful antibacterial properties. One expert we spoke to says its antibacterial activity can "diffuse across skin and get down into the infection that is causing the acne spots." To apply, soak a bandage with the honey and place it on the pimple or small area of the affected skin. Manuka honey can be found at health food stores.



For rosacea, try oatmeal.

Brimming with vitamins A and E, oatmeal is an anti-inflammatory that can help calm irritated skin. It's also packed with skin-soothing starches and beta-glucans, which provide a protective barrier for the skin. You can make a mask with it by adding a little warm water to oatmeal and mixing it into a thick paste. It will feel soothing; once it's dry, rinse it off with warm water.

For eczema, try coconut oil.

Eczema is an immunological abnormality of the

barrier of the skin. Affected skin is very dry, red and itchy. A dermatologist should be consulted for advice on how to alleviate the condition, including potentially with prescription medication. Restoring moisture is also key, and one way to do that is with coconut oil. It acts as a shield on the epidermis; you apply it directly to your skin using your fingertips.

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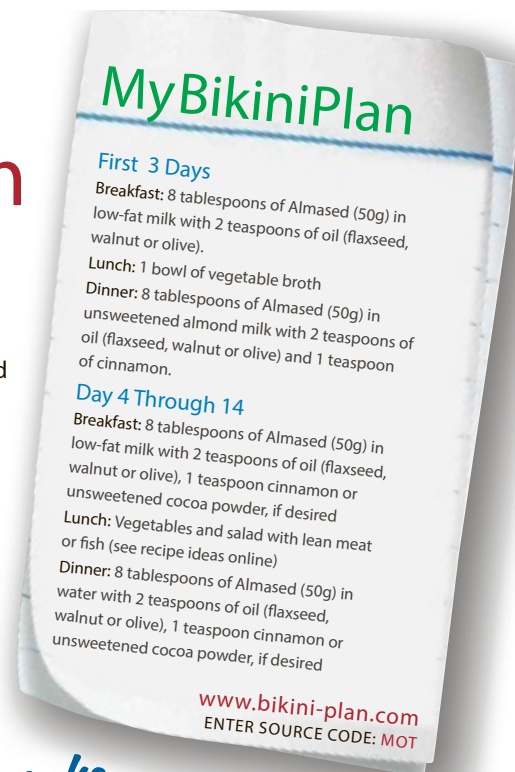
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3. Helps in the function of the thyroid gland.
4. Is an antioxidant for the maintenance of good health.



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because it works



First 3 Days

Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).

Lunch: 1 bowl of vegetable broth

Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.

Day 4 Through 14

Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired

Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)

Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired

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Creamy soup without cream or butter? Thank us later



ROSE REISMAN
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This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.

2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.

3. Add stock and potato; re-

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

duce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Health Solutions

Shoots, sprouts and leaves



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy's Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never

find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets, 100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Top 5 kids' albums that won't make your ears bleed

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.

A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.

It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!

Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

4. Various rad artists, Schoolhouse Rock Rocks.

Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.

Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.



Not all children's music will make you want to curl up into a hole and die. ISTOCK

How smartphones are changing the way Canadians go shopping

Rise of mobility.

Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a

societal issue for small businesses and consumers alike.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory. With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further," says Houle.

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains,



Experts predict by 2014 more local searches will come from smartphones than any other computing device. iStock

maybe your local store runs a mobile campaign offering a special on umbrellas helping match their services with current needs."

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-device marketing solutions and are making these options accessible for small businesses. **NEWS CANADA**

Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."

Matthieu Houle, director of digital consumer experiences for Yellow Pages Group



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By Nicholas Ng-A-Fook, PhD

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MLB

Tigers' Peralta prepares to return

Jhonny Peralta is expected to leave for the instructional league this week so he can keep working toward rejoining the Detroit Tigers after completing his 50-game suspension.

Manager Jim Leyland says Peralta will leave Wednesday for the instructional league in Florida, where he'll play in the outfield.

Peralta was Detroit's starting shortstop, but the Tigers acquired Jose Iglesias from Boston just before Peralta was suspended following baseball's investigation into Biogenesis of America, a Florida anti-aging clinic accused of distributing banned performance-enhancing drugs.

General manager Dave Dombrowski already has said if Peralta returns, it won't be as the team's starting shortstop.

THE ASSOCIATED PRESS

MLB. Rockies' Helton to end career after season 17

Todd Helton has had enough.

Having decided earlier this year that this will be his final season, the Colorado Rockies decided to go public.

"I didn't want to say I was going to return and then come back in," Helton said before Sunday's game against Arizona. "I talked to my wife and thought about my body and mentally how I felt going

out there for every game. I'm 40. It's time to go. It's a young man's game."

Helton has spent his entire 17-year major league career with the Rockies and set franchise records in nearly every offensive category. He announced his decision after Saturday night's 9-2 loss, when he hit his 586th double.

THE ASSOCIATED PRESS

Thomas decides it's time for NHL return**Heading south.**

Outspoken, two-time Vezina winner lands tryout in Florida

Tim Thomas wanted back in the NHL. The Florida Panthers wanted goaltending help.

It might be a perfect match.

The two-time Vezina Trophy winner agreed to a tryout deal with the Panthers on Monday, nearly a year and a half removed from his last game in the NHL. Thomas will be on the ice with Florida for practice Tuesday, and Panthers general manager Dale Tallon said his talks with the star of Boston's run to the 2011 Stanley Cup convinced him that the move was right.

"He really wants to play and he really wants to lead and he really wants to be the starter and he wants to win and he wants to win now," Tallon said Monday while the Panthers faced Nashville in a pre-season doubleheader. "I was very impressed with him. His attitude is terrific. I liked everything that he had to say and I liked

Facebook fracas

Tim Thomas wrote on his Facebook page in 2012 that he was taking a season off from hockey to focus on "friends, family and faith."

- He made news by not joining the Bruins when they visited the White House in celebration of their 2011 Stanley Cup victory, saying he chose to skip the event because the "federal government has grown out of control."

his approach. We try to strive to get better every day and I think a good Tim Thomas makes us a better team."

Thomas is expected to address reporters Tuesday, team officials said.

Florida's projected starter in goal is Jacob Markstrom, the 23-year-old Swede who went 8-14-1 with a 3.22 goals-against average last season. Markstrom's GAA was tops on the Panthers — but just 44th in the NHL among regular goalies. THE ASSOCIATED PRESS

Claws out**Panthers climb pre-season food chain vs. Preds**

The Florida Panthers scored three goals in the third period and beat the Nashville Predators 6-3 in the first game of a split-squad, pre-season double-header on Monday.

THE ASSOCIATED PRESS

Friendly gets nasty**Rough business costly for Coyotes' Bissonnette**

Paul Bissonnette of the Phoenix Coyotes was suspended 10 regular-season games by the NHL for leaving the bench after teammate Rostislav Klesla was injured on a hit by the Los Angeles Kings' Jordan Nolan. THE ASSOCIATED PRESS

Out of hand**Pinky puts Leafs' McLaren on shelf**

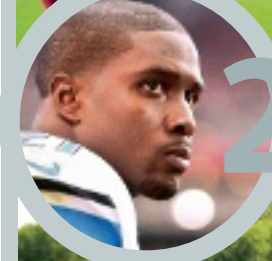
The Toronto Maple Leafs were hoping to see what more Frazer McLaren could do beyond fighting, but that experiment will have to wait. An MRI revealed that McLaren suffered a fractured right pinky finger at practice Sunday, according to coach Randy Carlyle.

THE CANADIAN PRESS

Yet to jell in O-Town

"I know that there were a couple passes that Spezz meant for me that I thought were for Milan."

New Senators forward Bobby Ryan on his on-ice chemistry with Jason Spezza and Milan Michalek in Ottawa's 3-1 pre-season win in Winnipeg Sunday night.

Sports in pictures**1 Soccer. Liverpool on rise after draw**

Liverpool returned to the top of the Premier League standings on Monday night despite its perfect 3-0 start to the season ending with a 2-2 draw at Swansea.

THE ASSOCIATED PRESS

2 NFL. Bush news not so bad for Lions

Reggie Bush got hopeful results from an MRI on his banged-up left knee, allowing the Detroit Lions to breathe a sigh of relief.

Lions coach Jim Schwartz said, "the tests (Monday) were encouraging." THE ASSOCIATED PRESS

3 Golf. Johnson Beaming after latest Tour win

Zach Johnson won the rain-delayed BMW Championship with a 6-under 65 on Monday in Lake Forest, Ill.

THE ASSOCIATED PRESS



Tim Thomas, the 2011 Conn Smythe trophy winner, will try out for the Florida Panthers after sitting out last season. JAMIE SABAU/GETTY IMAGES FILE



Horoscopes

♈ Aries

March 21 - April 20
Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

 **Taurus**

April 21 - May 21
You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

II Gemini

May 22 - June 21
Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

 Cancer

June 22 - July 23
You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

Ω Leo

July 24 - Aug. 23
If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

♍ Virgo

Aug. 24 - Sept. 23
The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

 Libra

Sept. 24 - Oct. 23
It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

♏ Scorpio

Oct. 24 - Nov. 22
Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

Sagittarius

Nov. 23 - Dec. 21
The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

Capricorn

Dec. 22 - Jan. 20
New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

Aquarius

Jan. 21 - Feb. 19
Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

♊ Pisces

Feb. 20 - March 20
What happens today won't be wonderful exactly but neither will it be woeful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: 'You can't win it unless you're in it!'
SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Cold War era gig:
- 2 wds.
7. Bouquet delivery
- co.
10. 30-day mo.
13. "I'm not alone in thinking this?": 2 wds.
14. Fib
15. Bug type
16. Epic Records mogul, ____
17. Nova Scotia town
19. Mountain stat.
20. Christian de-nomination, for short
22. Joy of Cooking author, ____
23. "Juno" (2007) star Ms. Page
25. Wheel part
26. Tea party treat
29. Taj Mahal's site
31. 2001 Yann Martel novel, Life ____
- 32 wds.
35. Land promised in The Book of Exodus
37. Texas tea
38. "Smells Like ____ Spirit" by Nirvana
39. Wholly ____ part
40. Weight unit
42. French singer Edith
43. Beat a path
44. ____ humour
45. "Donnie ____" (1997)
47. Bit of Justin T.'s group
48. Celebes buffalo
50. Fall flower
51. "Oy!"

1	2	3	4	5	6		7	8	9		10	11	12		
13							14				15				
16							17				18				
19						20	21				22				
			23	24					25						
26	27	28					29		30			31	32	33	34
35						36		37				38			
39						40	41					42			
43						44				45	46				
47						48			49		50				
			51	52				53		54					
55	56	57					58					59	60	61	62
63						64				65	66				
67						68				69					
70						71				72					

- | | | | |
|-------------------------------|-------------------------------|---------------------------------------|--------------------------------------------|
| 53. Condo spaces | 70. Un-light times, for short | 4. CBC daytime show: 3 wds. | Murgatroyd |
| 55. Actress Ms. Birch | 71. Holiday ____ | 5. Hawaiian dish | 12. Cheers! |
| 58. Sprout | 72. British Columbia band | 6. The Alps song | 15. ____? (Sign In area message) |
| 59. Bee-ish bug | Down | 7. Rita MacNeil hit: 4 wds. | 18. "Amado ____": Song from "Gilda" (1946) |
| 63. Halved: 3 wds. | 1. Reality star Ms. Richards | 8. Ms. Carrere's | 21. Little legume |
| 65. Meteorological map line | 2. Hockey highlight | 9. German article | 24. Canadian dairy products brand, |
| 67. Tropical birds | 3. Hockey great, Pavel | 10. Grad | Gay ____ |
| 68. Back the tape up, briefly | | 11. "Dancing with the Stars", pro Ms. | 25. Spv for Moses |
| 69. Composed | | | |

Yesterday's Crossword

Z	I	P	A	S	C	O	T			E	L	V	
I	B	A	S	N	O	R	E			S	D	N	E
N	E	F		G	M	H	E	R		K	A	R	O
C	A	N	K	C	P	E	R	N		P	A	R	O
			N	O	D	S				I	S		
C	N	I	S		S	L	V	I		C	E		
R	E	R	T	S		O	D	E	S		S	I	N
A	C	T		H	E	P	P	N	H		E	S	
T	U	N			I	O	S			A	I	E	R
T	H	C			I	E	R			R	K		
			A	R	T					T	I	L	E
			S	A	R	T	O	S		D	A	N	E
G	E	N	C	A	R	M	E	R	I	C	E		
T	I	T	L			S	E	L	I	N			
S		I	P			F	A	S	K				

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	8	3	2	6	7	4	1	9
7	1	4	3	9	5	8	2	6
2	9	8	4	8	1	7	3	5
9	6	5	7	4	2	3	5	1
3	5	7	6	1	9	2	4	8
4	2	1	5	3	6	6	9	7
6	3	5	9	7	4	1	8	2
1	7	2	8	5	3	8	6	4
8	4	9	1	2	6	6	7	3

	7					3		
6				4				7
1			8		7			6
		3	1		2	8		
				5				
		5	9		3	1		
9			4		1			5
4				9				2
	2						9	

26. Robert Burns, and others
27. Tote
28. Beatles song: "Glass ____"
30. Singer/songwriter Mr. Ocasek
32. "1234" Canadian songstress
33. Alberta's ____ River
34. Has it ____ (Holds a grudge): 2 wds.
36. "Never.": 2 wds.
41. Samovar
46. Mouse's friend
49. Year: Spanish
52. 'Jacob' suffix
54. "If that could only be true!": 2 wds.
55. National highway, commonly
56. Track down
57. Actress, Carre ____
58. Ms. Stefani
60. Son of Eve
61. Rational
62. Zebra, to a lion
64. Prefix with 'cycle'
66. Behold


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Sunny


Wednesday
21°/8°
Sunny

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Yesterday's Sudoku

5	8	3	2	8	7	4	1	9
7	1	4	3	9	5	8	2	6
2	9	8	4	8	1	7	3	5
9	6	5	7	4	2	3	5	1
3	5	7	6	1	9	2	4	8
4	2	1	5	3	6	6	9	7
6	3	5	8	7	4	1	6	2
1	7	2	8	5	3	8	6	4
8	4	9	1	2	6	5	7	3

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